



Marriage Health Check Up

A quick evaluation of intimacy, friendship, and commitment

If you are interested in making your marriage better, an overview health check up can help. Answer questions in 3 areas: intimacy, friendship and commitment. Put your first reaction in the matching column and total your points.

View the final summary for recommendations and action items to keep your marriage growing in the right direction!

INTIMACY

1. My spouse and I are very open with each other about our feelings and intimate desires.
2. While apart, I enjoy the anticipation of seeing my spouse again to connect physically with a hug, kiss and more.
3. My spouse and I say and do romantic things for each other often.
4. As a couple we are physically affectionate in public and private.
5. Our sexual intimacy is loving, frequent and exciting to me.

	Not At All	Needs Improvement	Moderately Good	Good	Very Good	Extremely Good
1						
2						
3						
4						
5						
	<i>1 point per</i>	<i>2 points per</i>	<i>3 points per</i>	<i>4 points per</i>	<i>5 points per</i>	<i>6 points per</i>
Total						

TOTAL: _____

FRIENDSHIP

1. Most of the time, I desire to be with my spouse more than anyone else.
2. My interactions with my spouse are loving, fun, enjoyable and kind.
3. When I talk about my spouse to others, I speak generously and they perceive my respect for my partner.
4. My spouse and I are aware and accepting of each other's weaknesses.
5. My spouse and I spend much time talking, laughing, or dreaming together.

	Not At All	Needs Improvement	Moderately Good	Good	Very Good	Extremely Good
1						
2						
3						
4						
5						
	<i>1 point per</i>	<i>2 points per</i>	<i>3 points per</i>	<i>4 points per</i>	<i>5 points per</i>	<i>6 points per</i>
Total						

TOTAL: _____

COMMITMENT:

1. My spouse and I prioritize our marriage and family over work and personal interests.
2. We are optimistic about life and feel secure about the future.
3. My spouse and I embrace an attitude of growing and changing together.
4. If my spouse were on a week-long business trip I would feel confident and trusting that they would be missing me and be focused on work only.
5. If I found myself attracted to another person I would end relationship with that person immediately.

	Not At All	Needs Improvement	Moderately Good	Good	Very Good	Extremely Good
1						
2						
3						
4						
5						
	1 point per	2 points per	3 points per	4 points per	5 points per	6 points per
Total						

TOTAL: _____

RESULTS & RECOMMENDATIONS: ***

75-90: An Oh Wow life! You have prioritized your marriage! Enjoy the satisfaction of your relationship and look for ways you can help others to grow in theirs.

60-75 Enjoy the fruit of your relational labour and always be growing stronger and looking for blindspot's that can negatively impact your marriage.

45-60: Don't get comfortable with the status quo, there's room for improvement. Discuss with each other ways that you can engage in transforming weaknesses into strengths.

30-45: It is important to talk about where and why you scored low. Consider involving a *trusted couple* to help give perspective and recommendations that will assist with growth.

15-30: Discuss your results, but don't fight or feel sorry for yourself: add grace. Consider joining together in professional marriage counselling.

****Results can be incorrectly influenced by subjective feelings and errors. Consult a professional licensed counsellor.*